

McClusky Public Schools

October Newsletter

As the autumn leaves fall and we leave summer far behind, our hallways are a buzz with the same vibrancy we feel at this magical time of year. Homecoming was a grand endeavor as we bussed all of our students to Turtle Lake to celebrate and join together as the mighty Cougars! Congratulations to our homecoming king and queen! Our cheerleaders were incredible as they led a majority of the pep rally. Thank you to everyone for helping to make it a fun-filled week for our students.

With harvest in full gear, our kids too, are in full gear with learning and sports. In the brief time we have been back in school, students are working diligently and have already completed their fall NWEA testing. We will use this data to drive classroom instruction and as a tool to offer support and to celebrate achievement and growth.

Parent teacher conferences will be held on Monday, October 17th from 1:30- 7:30. School will dismiss at 1:30 on that day. Elementary teachers will send out information with times. High school will hold an open house parent teacher conferences, so please come and meet with our incredible teachers and staff.

Please mark your calendars for our ELA's Family Fun Night on November 3rd from 6-7:30 pm. Our PTA will have a free will offering soup feed, so please come hungry. Please join us at our next PTA meeting set for Wednesday, October 12th at 6:15 pm. We've only had a handful of meetings as we are navigating our new group. We welcome new members to join us! Please call Kara Munro or Erin Lauer for more information.

Feel free to contact me with any questions or concerns, and thank you for your continued support.

Proud to be your Elementary Principal and Superintendent,

Kara Munro

Kara.Munro@k12.nd.us

McClusky Public Schools - (701) 363-2470



Hello families!

We are off to a great start at MPS. This fall we have implemented a new character development program in the elementary school called Kelso's Choice. Kelso and his friend Lilly are frogs and the students have enjoyed working with these two puppets already, with our first character trait of Respect. As the school year progresses, students will learn to judge the size of their problems and strategies they can use to solve small problems on their own. Students will also learn when a problem requires adult intervention (a big problem).

At the high school, students in 10th & 11th grades had opportunity to go to BSC for a T4 Summit where they learned about industry and jobs they can enter into straight out of high school or with two years or less of college. Lots of food for thought there with plenty of opportunity to make really great money!

Later in October students in 11th & 12th grades will be going to Harvey for their annual College and Career Day, where they get to hear from local experts in the field including the ND 2022 Teacher of the Year, Bret Dockter. He was a very popular speaker last year and all who heard him are looking forward to what he has to say this year. There will be more opportunities for students to be out and experience job & college fairs throughout the year as well. Watch for permission slips to come home for these events. Also, October is College Application Month, where Seniors can apply to in-state colleges and the Bank of North Dakota will cover the application fee (A savings of up to \$35). More details will be shared with the seniors throughout the month, and I will gladly help them apply if they ask.

Did you know that most children are sleep deprived, and this can show up in some children as symptoms similar to ADHD? In our busy worlds, it is so important to ensure children (and adults!) get enough sleep every night. Children need anywhere from 8 to 12 hours of sleep a night! For more information and the full article, see <https://www.cdc.gov/healthyschools/features/students-sleep.htm#:~:text=The%20American%20Academy%20of%20Sleep,10%20hours%20per%2024%20hours.>

My last tidbit is a note on the importance of breathing. Breathing is such a natural activity that we rarely give it much thought. To the right is part of an article from behavioralhealth.nd.gov that gives some guidance to breathing well and with purpose. Please see the graphic provided.

DEEP BREATHING	EQUAL TIME FOR BREATHING IN AND BREATHING OUT	MODIFIED LION'S BREATH
<p>Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.</p>	<p>In this exercise, you'll match how long you breathe in with how long you breathe out. Over time, you'll increase how long you're able to breathe in and out at a time.</p>	<p>As you do this exercise, imagine that you're a lion. Let all of your breath out with a big, open mouth.</p>
<ol style="list-style-type: none"> 1. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair. 2. Breathe in through your nose. Let your belly fill with air. 3. Breathe out through your nose. 4. Place one hand on your belly. Place the other hand on your chest. 5. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest. 6. Take three more full, deep breaths. Breathe fully into your belly as it rises and falls with your breath. 	<ol style="list-style-type: none"> 1. Sit comfortably on the floor or in a chair. 2. Breathe in through your nose. As you do it, count to five. 3. Breathe out through your nose to the count of five. 4. Repeat several times. <p>Once you feel comfortable with breaths that last five counts, increase how long you breathe in and breathe out. You can work up to breaths that last up to 10 counts.</p>	<ol style="list-style-type: none"> 1. Sit comfortably on the floor or in a chair. 2. Breathe in through your nose. Fill your belly all the way up with air. 3. When you can't breathe in any more, open your mouth as wide as you can. Breathe out with a "HA" sound. <p>Repeat several times.</p>

One final reminder, I'm here full time and split my time between both buildings, and am a resource for students and families. I would love the opportunity to help you! If that is simply listening, I'm here for that. If you would like me to spend some 1-1 time with your student, please reach out. Sometimes, we need more help than a school counselor provides, and I can refer you/your student to other agencies. Misty.Galvin@k12.nd.us

Here are some upcoming events to mark on your calendar for the month of **October:**

11th- School Board Meeting at 7:00 pm in the Home Ec room at the high school

12th- PTA Meeting at 6:15 pm in the Home Ec room at the high school

17th- Parent Teacher Conferences 1:30-7:30 pm - School dismisses at 1:30

19th -Picture Day

20-21- NO SCHOOL

Please check our website and Facebook page for up-to-date information.
<https://www.mcclusky.k12.nd.us/>

Facebook- McClusky Public School

Welcome New Staff

Faye Hagen- Business Manager

D'Aulan Bussman- High School Principal and elementary PE

Kody Erdmann- Head Custodian

Julie Bender- Title I and Goodrich route bus driver

Rachel Vitek- High School English

Nichole Johnson- Preschool teacher and paraprofessional

Mary Lallas- Goodrich route bus driver

Mary Anderson- Paraprofessional

Ashley Fiedler- Paraprofessional

Gable Rhoads- Paraprofessional



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Heart of North Dakota
McClusky, ND